

Burgers with Blue Cheese Mayo and Sherry Sweet Onions

The trick to juicy burgers with leaner cut meats is to sear the outsides, then turn the grill to medium low and cook slowly until the burgers are done to preference.

1/2 cup crumbled blue cheese
1/4 cup canola mayonnaise
2 teaspoons fresh thyme, divided
1/4 teaspoon Tabasco sauce
1 pound lean ground sirloin (or bison, yak or a veggie burger)
1 teaspoon black pepper, divided
1/2 teaspoon salt, divided
1 sweet onion, sliced into 4 thick rounds
Cooking spray
2 teaspoons sherry vinegar
4 (1 1/2 ounce) hamburger buns, toasted
2 cups loosely packed arugula
1 to 2 sliced tomatoes

1. Preheat the grill to medium high heat.
2. Combine blue cheese, mayonnaise, 1 teaspoon thyme and hot pepper sauce in a small bowl. Stir well.
3. Spray cooking spray on onion slices. Sprinkle with 1/2 teaspoon pepper and 1/4 teaspoon salt. Coat the grill with cooking spray and cook onions until their tender and start to brown.
4. Place the onions, vinegar and 1 teaspoon thyme in a gallon sized plastic bag and seal to steam onions for 5 minutes.
5. Divide meat into 4 equal portions, shaping each into a 1/2 inch-thick patty. Spray with cooking spray. Season with 1/2 teaspoon pepper and 1/4 salt. Press an indent into the middle of each patty with your thumb.
6. Sear patties on both sides. Turn the heat to medium low and cook until burgers are done to preference.
7. Spread bottom buns with blue cheese mixture. Top with arugula, tomato slices, burgers, onions and the top bun.

Yield: 4 burgers. Calories 420 Fat 21.8g Protein 31.5 Carb 26.7 Fiber 4.2 Chol 76mg Sodium 623mg.

Recipe adapted from June 2011 issue of Cooking Light. [Picture by Laura Flowers.](#)